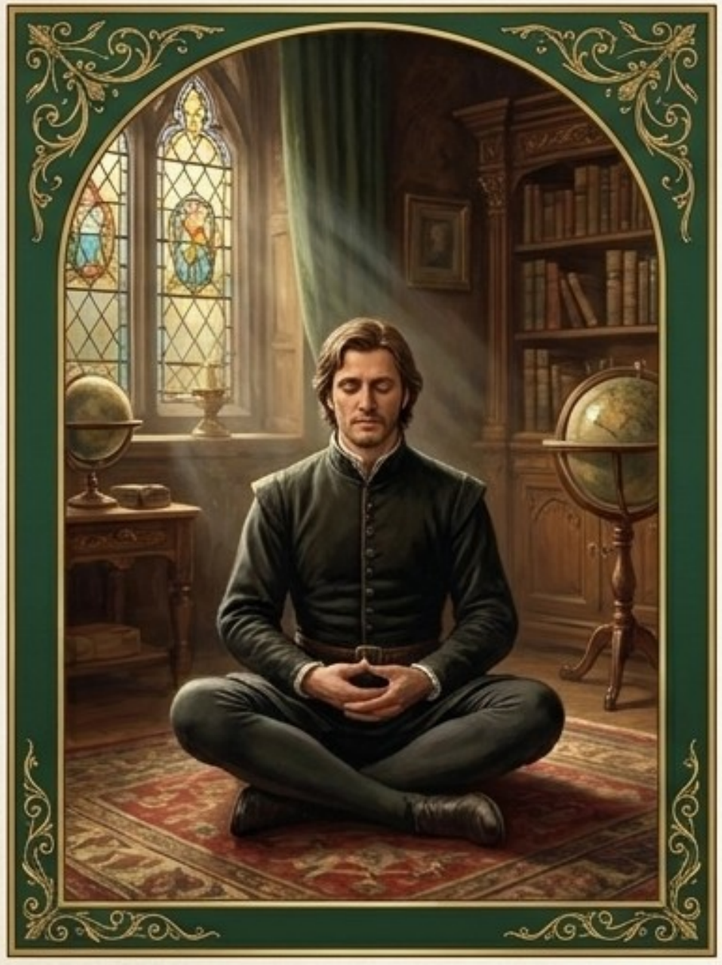
The Three Arenas of Practice



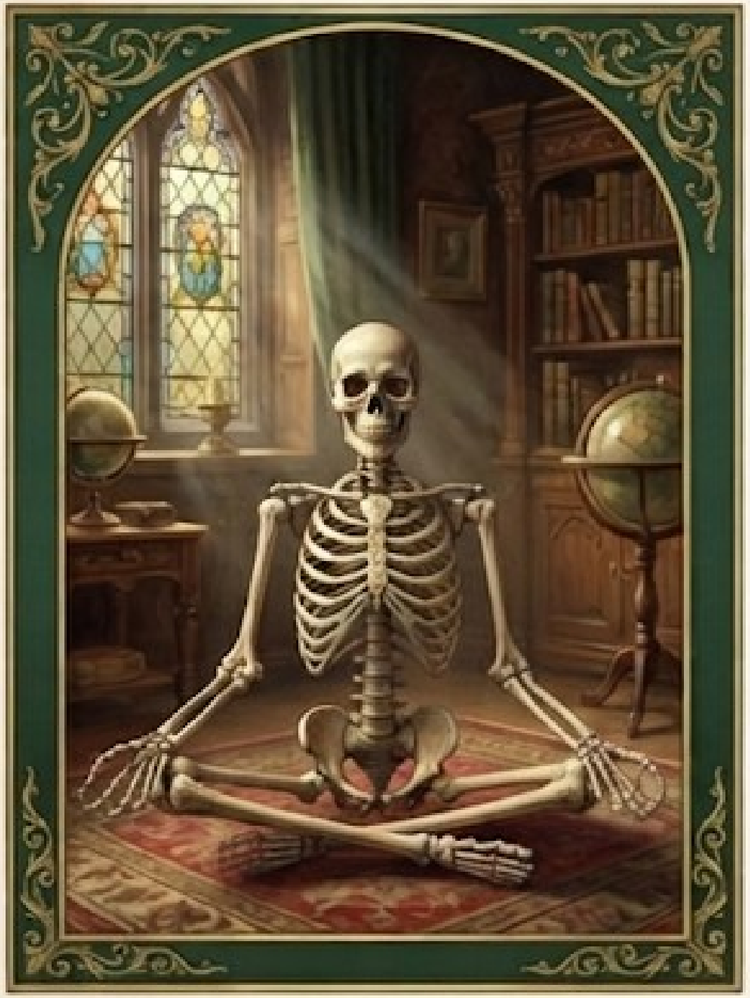
Paryanka (Seated Meditation)
The anchor of stillness.

Sakmana (Walking Meditation)
The anchor of motion.

Daily Mindfulness
The anchor of necessity.

NotebookLM

The Three Arenas of Practice



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නිශ්චලතාවයේ ගෘහ නිර්මාණ ශිල්පය

“උජුං කායං පණිධාය”

උඩු කය සෘජුව තබාගැනීමෙන් හුස්ම ගැනීම කිසිදු බාධාවකින් තොරව ස්වභාවිකව සිදුවේ.

පළමු පියවර

ආසනය මත පහසුවෙන් වාඩි වී, ‘මම දැන් මෙතන ඉන්නවා’ යන අදහසින් මුළු කයටම සිත යොදන්න.

NotebookLM

The Engine: Labeling (*Sallakkhana*)

The Ego Trap: The mind initially rebels against noting (In, Out, Left, Right). It feels too basic, like a 2nd grader sounding out letters aloud to learn to read.

The Necessity: Without naming the object, the mind slips. Labeling forces the mind to face the object squarely, locking it into the present moment and ensuring *Thira Sanna* (Firm Perception). Drop the intellectual pride; go back to zero.

NotebookLM

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NotebookLM

සතිය බොජ්ඣංග මට්ටමට ඔසවා තබන කුළුණු 4
1. සති සම්පජඤ්ඤය
හතර ඉරියව්ව සහ කුඩා අකුරියව් වලදී නිරන්තර සිහිය පැවැත්වීම.
2. අසම්මෝසාව දුරු කිරීම
සිහිය විනාශ කරන, මෝඝාතාරී පුද්ගලයන්ගෙන් ඈත් වීම.
3. සතිමත් පුද්ගල ඇසුර
නිහඬව සතිය වඩන සත්පුරුෂයන් වෙත වුම්භනයන් මෙන් ආකර්ෂණය වීම.
4. තදධිමුත්තිතාව
සතිය පිහිටවීම ජීවිතයේ එකම සහ ප්‍රධානම අරමුණ කරගත් යනඩ අධිෂ්ඨානය.
NotebookLM

සතිය බොජ්ඣංග මට්ටමට
ඔසවා තබන කුළුණු 4
1. සති සම්පජඤ්ඤය
ඔසර ඉරියව්ව සහ සුබා අප්‍රියවේ වලදී
නිරන්තර පිහිය පැවැත්වීම.
2. අසම්මෝසාව දුරු කිරීම
නිහිය විහාර තරන, කෝෂාගාරී
පුද්ගලයන්ගෙන් ඇත් වීම.
3. සහිමන් පුද්ගල ඇසුර
නිහඩව සතිය වඩන සත්පුරුෂයන් වෙත
වුම්භනයක් මෙන් ආකර්ෂණය වීම.
4. තදුධිමුත්තිනාව
සතිය පිහිටවීම ජීවිතයේ එකම
හා ප්‍රධානම අරමුණ සරණක් යැයි
අධිෂ්ඨානය.

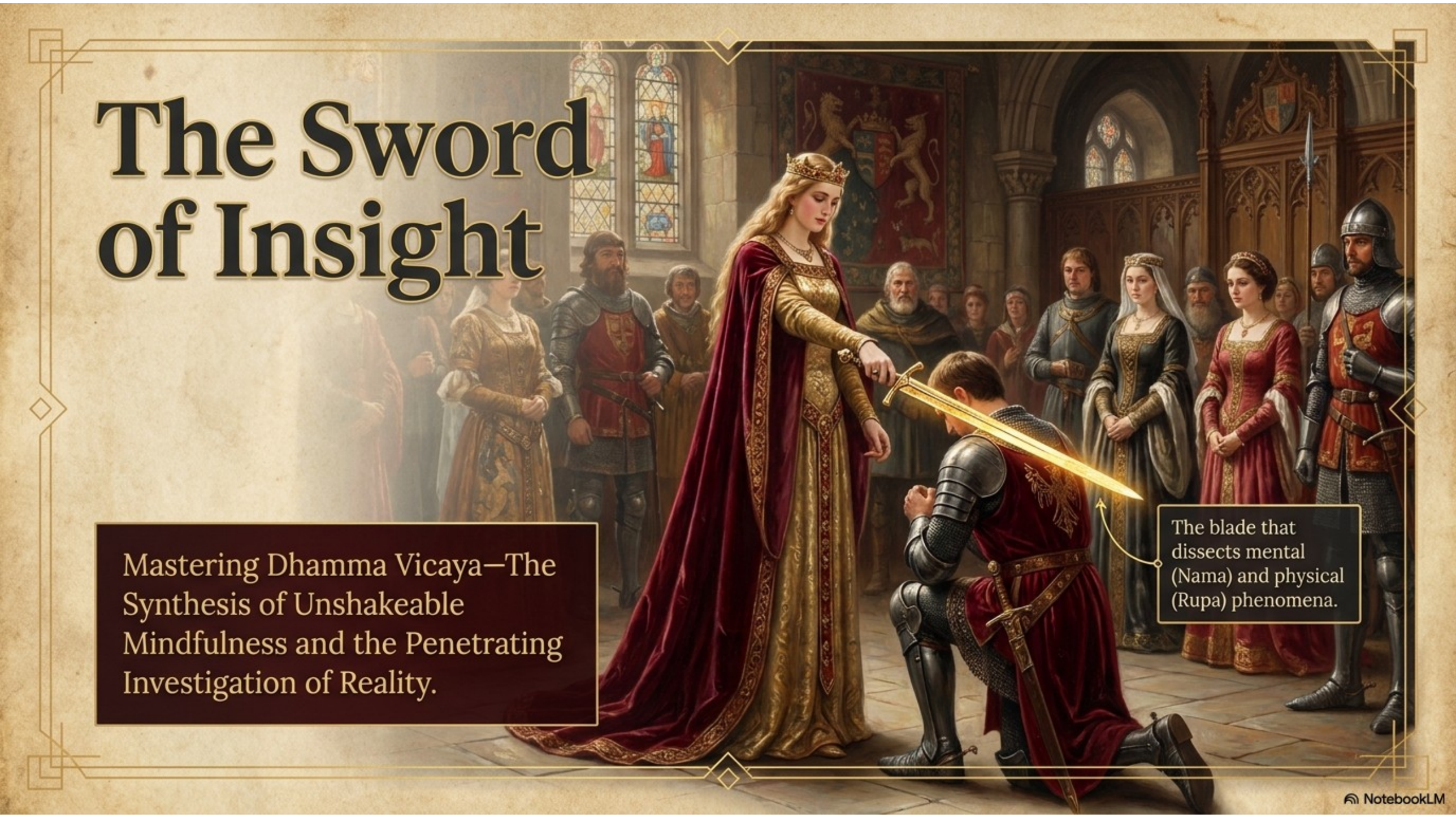
විෂයාභිමුඛ භාවය: කාජව මුහුණ දීම

දහසක් අරමුණු පැමිණියද,
සතිය පවතින සිත තමා තෝරාගත්
අරමුණට (උදා: ආශ්වාසයට)
පමණක් 100% ක් මුහුණ දෙයි.

බැංකු නිලධාරියෙකු කෝටි ගණනක්
මුදල් ගණන් කරන විට අවට ඝෝෂාව
නොඇසෙන්නා සේ, යෝගාවචරයා
වේදනාවන් සහ ශබ්ද නොසලකා හරිමින්
තම අරමුණෙහි පමණක් නිරත වේ.

NotebookLM

The Sword of Insight



Mastering Dhamma Vicaya—The Synthesis of Unshakeable Mindfulness and the Penetrating Investigation of Reality.

NotebookLM

The Sword of Insight

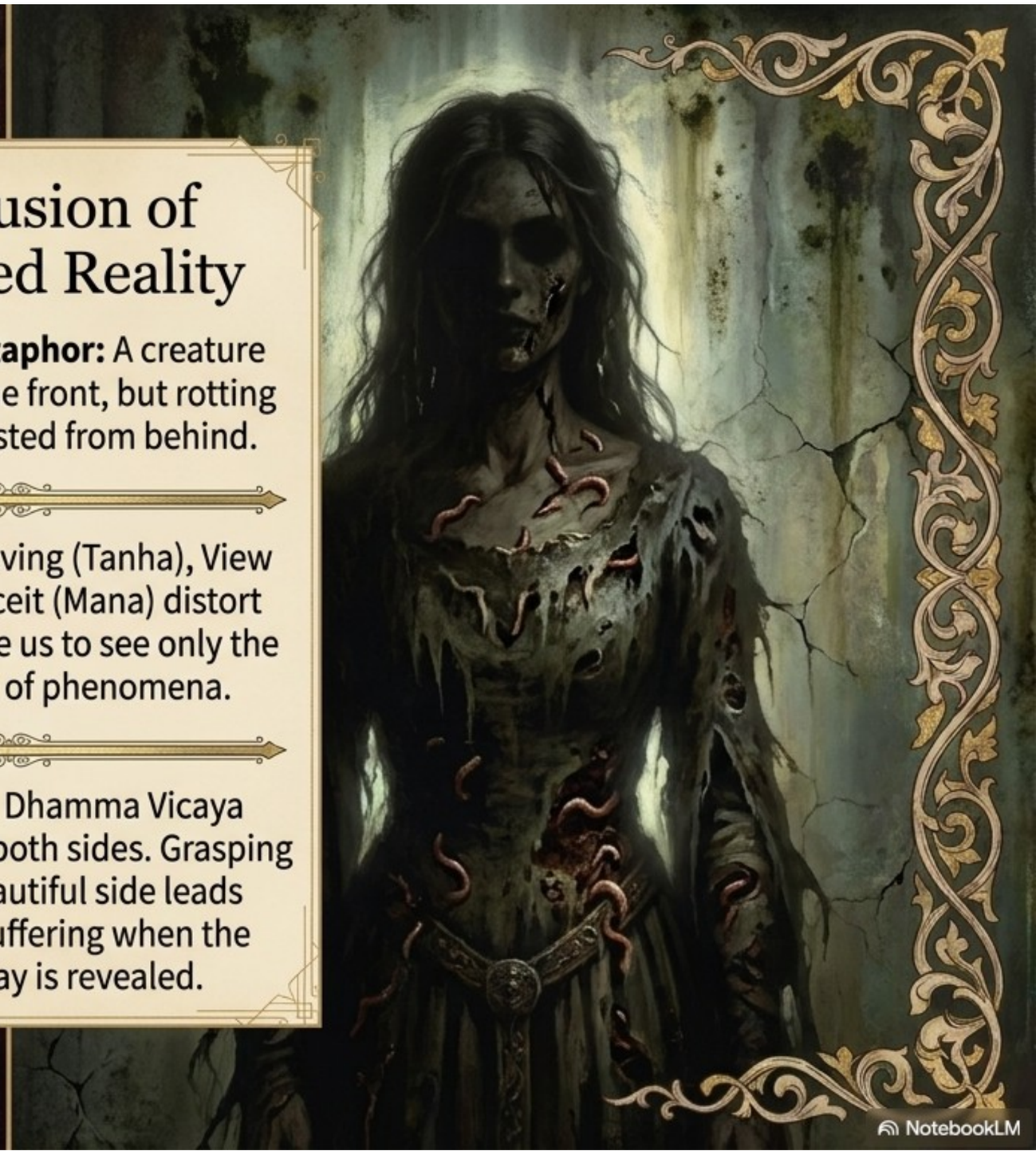
Mastering Dhamma Vicaya—The Synthesis of Unshakeable Mindfulness and the Penetrating Investigation of Reality.

The Illusion of One-Sided Reality

The Mohini Metaphor: A creature beautiful from the front, but rotting and worm-infested from behind.

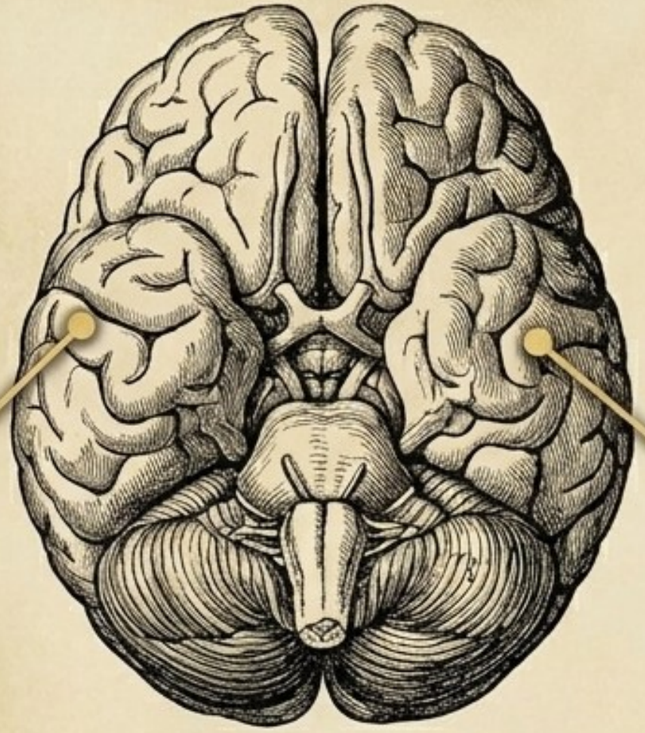
The Danger: Craving (Tanha), View (Ditti), and Conceit (Mana) distort reality. They force us to see only the pleasant front of phenomena.

The Defense: Dhamma Vicaya demands seeing both sides. Grasping at only the beautiful side leads inevitably to suffering when the hidden decay is revealed.



NotebookLM

The Neurology of the Knight



- **Right Hemisphere (The Source of the Crisis)**
  Seeks difference, conflict, desire, and novelty. It governs jealousy and craving. When meditation reveals sameness, the right brain rebels with boredom.

- **Left Hemisphere (The Seat of Unity)**
  Activated fully by intense practice (10,000+ hours). Capable of achieving profound unity, maternal compassion, and viewing universal sameness without distress.

Synthesis: Enduring the Wasteland is the process of shifting cognitive dominance.

NotebookLM

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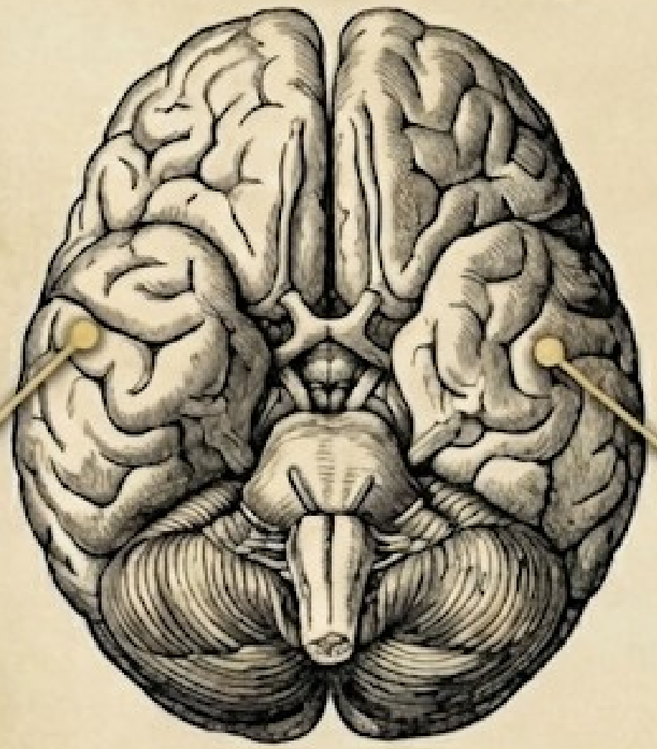

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ලෝකීය සැපයේ සැබෑ මුහුණුවර: මෝහිණී උපමාව

ඉදිරිපස (ආශ්වාදය):
ලෝකයේ රූපලාවණ්‍යය සහ සෞන්දර්යය විසින් මනස බැඳ තබා ගන්නා සුන්දර මුහුණුවර.

පිටුපස (ආදීනවය):
සෑම සැපයක් පිටුපසම සැඟවී ඇති ඒකාන්ත දුක සහ තැවීම.

ධම්ම විචයේ භූමිකාව:
එක පැත්තක් පමණක් බලා රැවටීම වෙනුවට, ධම්ම විචය මගින් සැප සහ දුක යන දෙකම එකම මොහොතක දැක, තෘෂ්ණාව මුලිනුපුටා දමයි.

NotebookLM

The Prerequisites for Energy

[Armor] Sati (Mindfulness)

Protects the mind. Catches the arising thought before it strikes.

+

[Sword] Dhamma Vicaya (Investigation)

Analyzes the threat. Dissects the nature of the thought (is it a hindrance or a pure state?).

=

[Forward Motion] Viriya (Energy)

The unrelenting drive. Once the mind is guarded and the thought is analyzed, energy forces the process forward.

Without the armor of mindfulness and the sword of investigation, raw energy becomes reckless striving. With them, it becomes a path to liberation.

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The Choice of Courage: Awakening the Inner Lion

The Hesitant Squire (The Defeated Mind)

Complains about mosquito bites, minor backaches, the temperature, and the unfairness of the struggle. Removes itself from the battle over trivialities.

The Lion-Hearted (Sīha)

Faces the mind's agonizing illusions and physical discomfort with unwavering resolve. Adopts the mindset of a legendary hero facing execution without a single tear.

Remove "I can't" from the vocabulary. True Viriya requires stripping away self-pity.

NotebookLM

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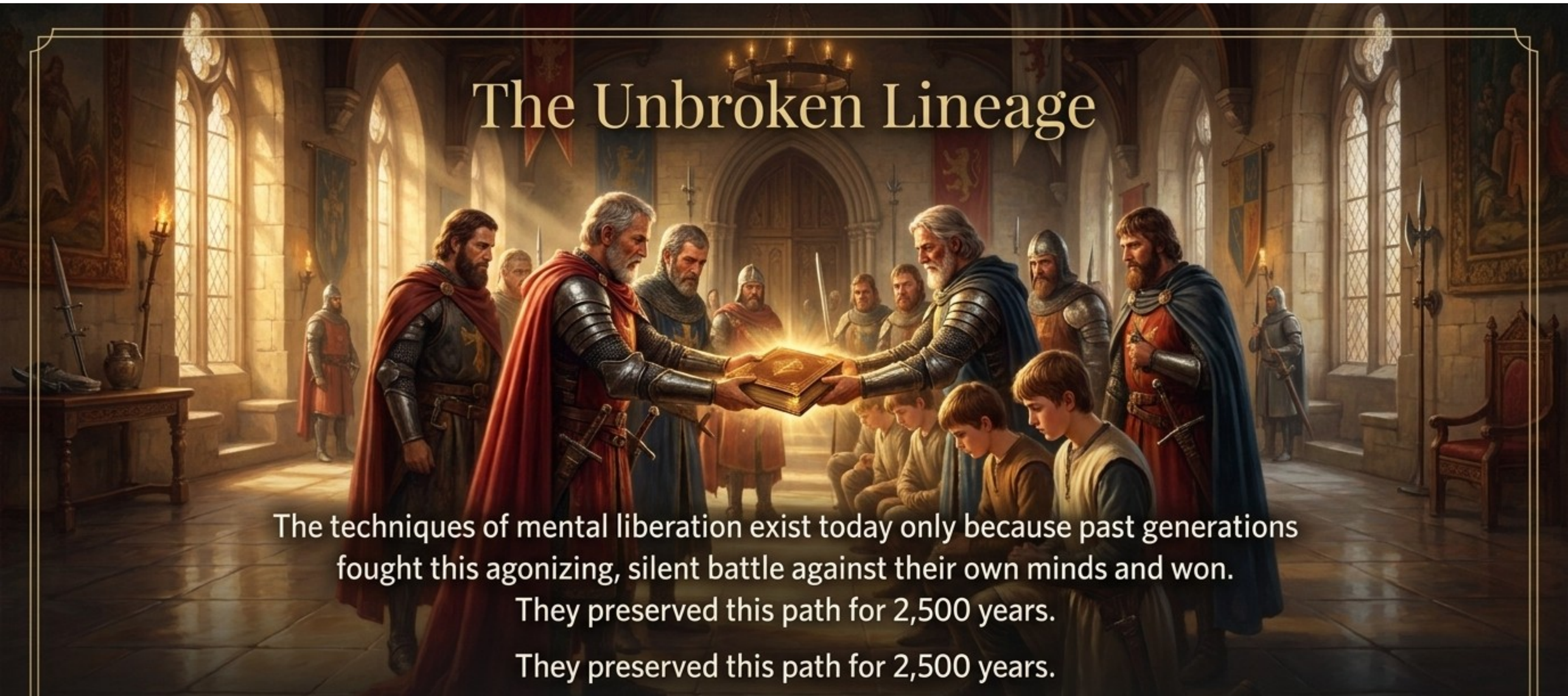
Notebook

The Unbroken Lineage



The techniques of mental liberation exist today only because past generations fought this agonizing, silent battle against their own minds and won. They preserved this path for 2,500 years.

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To practice Viriya is to take your rightful place in an unbroken lineage of inner warriors. Stand firm. Brace the mind. Honor the lineage.

NotebookLM

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උත්සාහ ලක්ඛණය: ලෝක ප්‍රවාහයට එරෙහිව යාම

1 **සාමාන්‍ය සමාජය**

පහළට ගලන ගඟක් දිගේ පීනන පිරිසක් වැනිය.

2 **යෝගාවචරයා**

යනු ගඟේ ඉහළට, සැඩ පහරට එරෙහිව පීනන පුද්ගලයෙකි.

"බාධක සහ කරදර පැමිණෙන විට, ආයාසකර ලෙස සහ අධිෂ්ඨානපූර්වකව තම අරමුණෙහි පිහිටීම උත්සාහයේ මූලික ලක්ෂණයයි. මෙය කිසිවිටෙකත් ඉබේ පහළ වන්නක් නොවේ."

NotebookLM

උත්සාහ ලක්ඛණය: ලෝක ප්‍රවාහයට එරෙහිව යාම

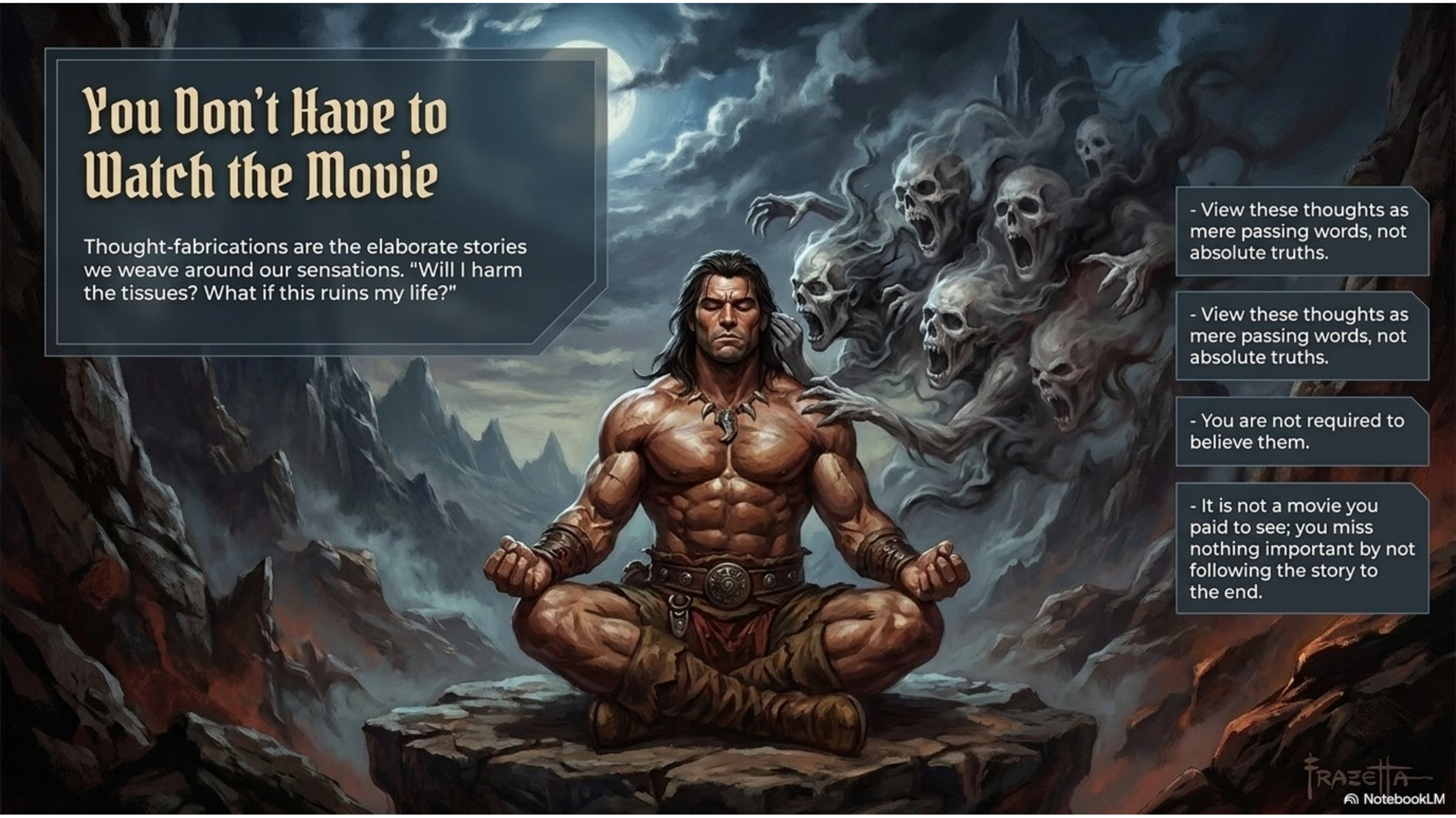
1 **සාමාන්‍ය සමාජය**

පහළට ගලන ගඟක් දිගේ පීනන පිරිසක් වැනිය.

2 **යෝගාවචරයා**

යනු ගඟේ ඉහළට, සැඩ පහරට එරෙහිව පීනන පුද්ගලයෙකි.

“බාලක සහ කරදර පැමිණෙන විට, ආයාසකර ලෙස සහ අධිෂ්ඨානපූර්වකව තම අරමුණෙහි පිහිටීම උත්සාහයේ මූලික ලක්ෂණයයි. මෙය කිසිවිටෙකත් ඉබේ පහළ වන්නක් නොවේ.”


You Don't Have to Watch the Movie
Thought-fabrications are the elaborate stories we weave around our sensations. "Will I harm the tissues? What if this ruins my life?"
- View these thoughts as mere passing words, not absolute truths.
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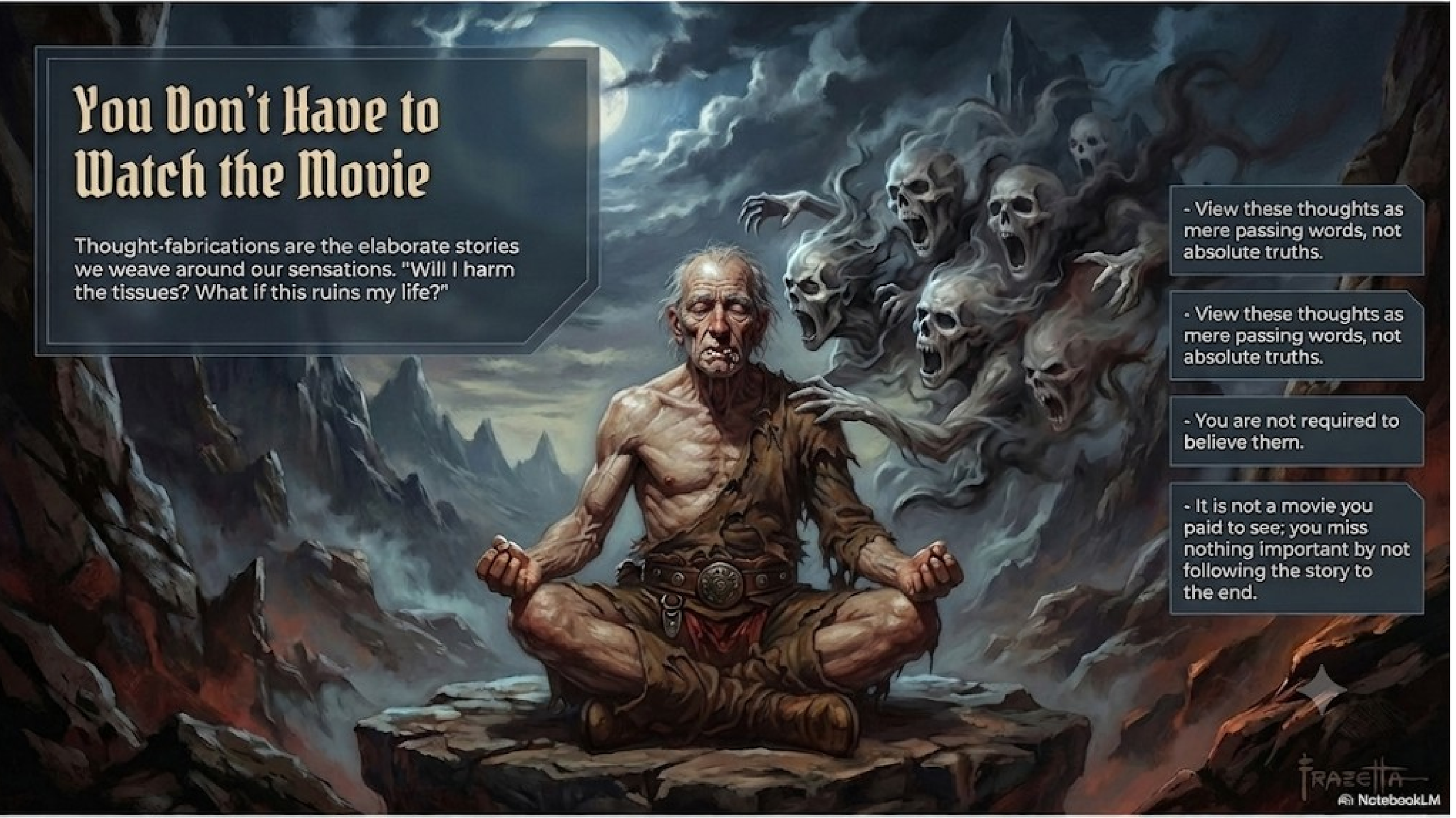
- You are not required to believe them.
- It is not a movie you paid to see; you miss nothing important by not following the story to the end.
FRAZETTA
NotebookLM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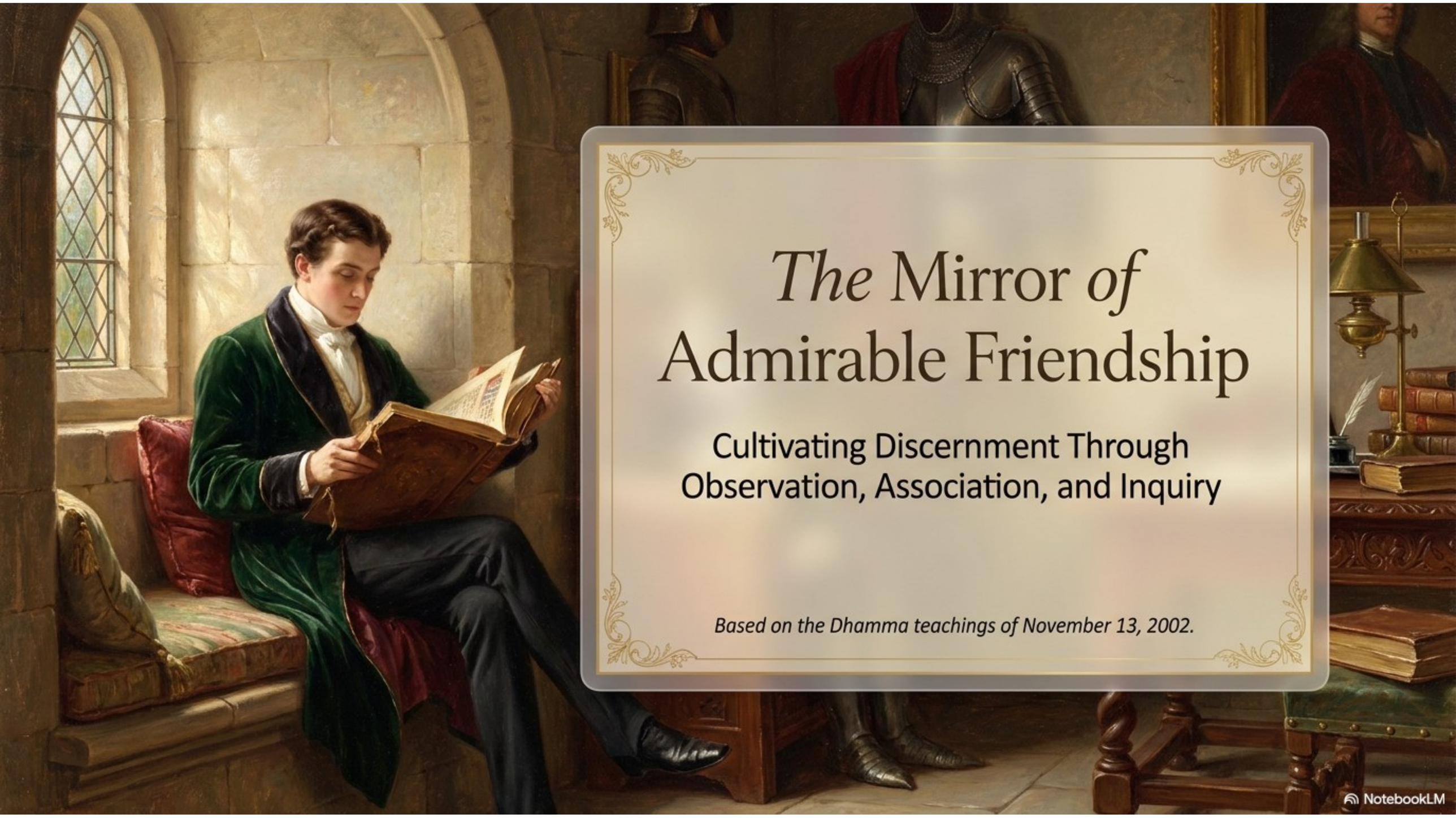
NotebookLM

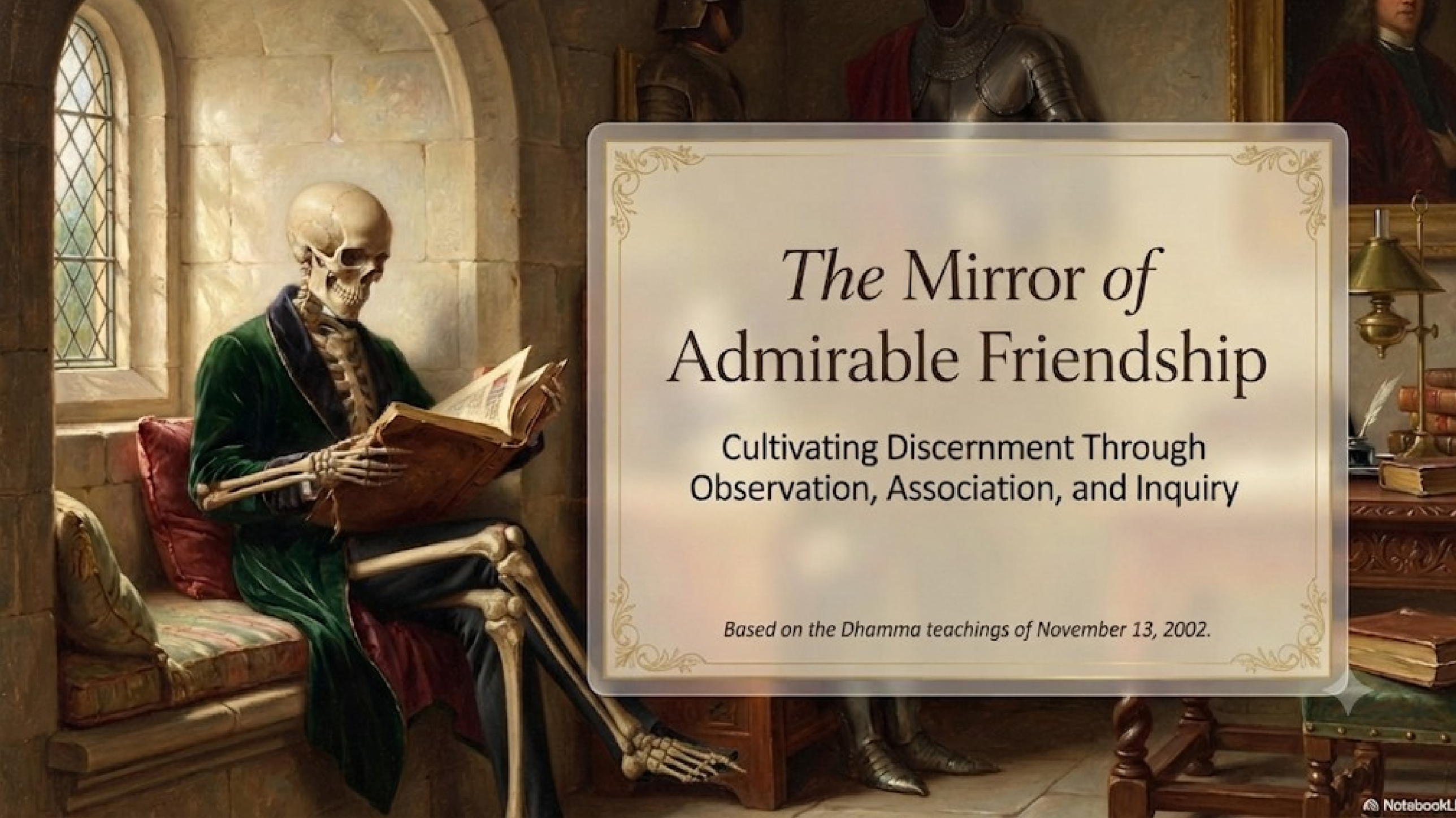


The Mirror *of* Admirable Friendship

Cultivating Discernment Through Observation, Association, and Inquiry

Based on the Dhamma teachings of November 13, 2002.

NotebookLM



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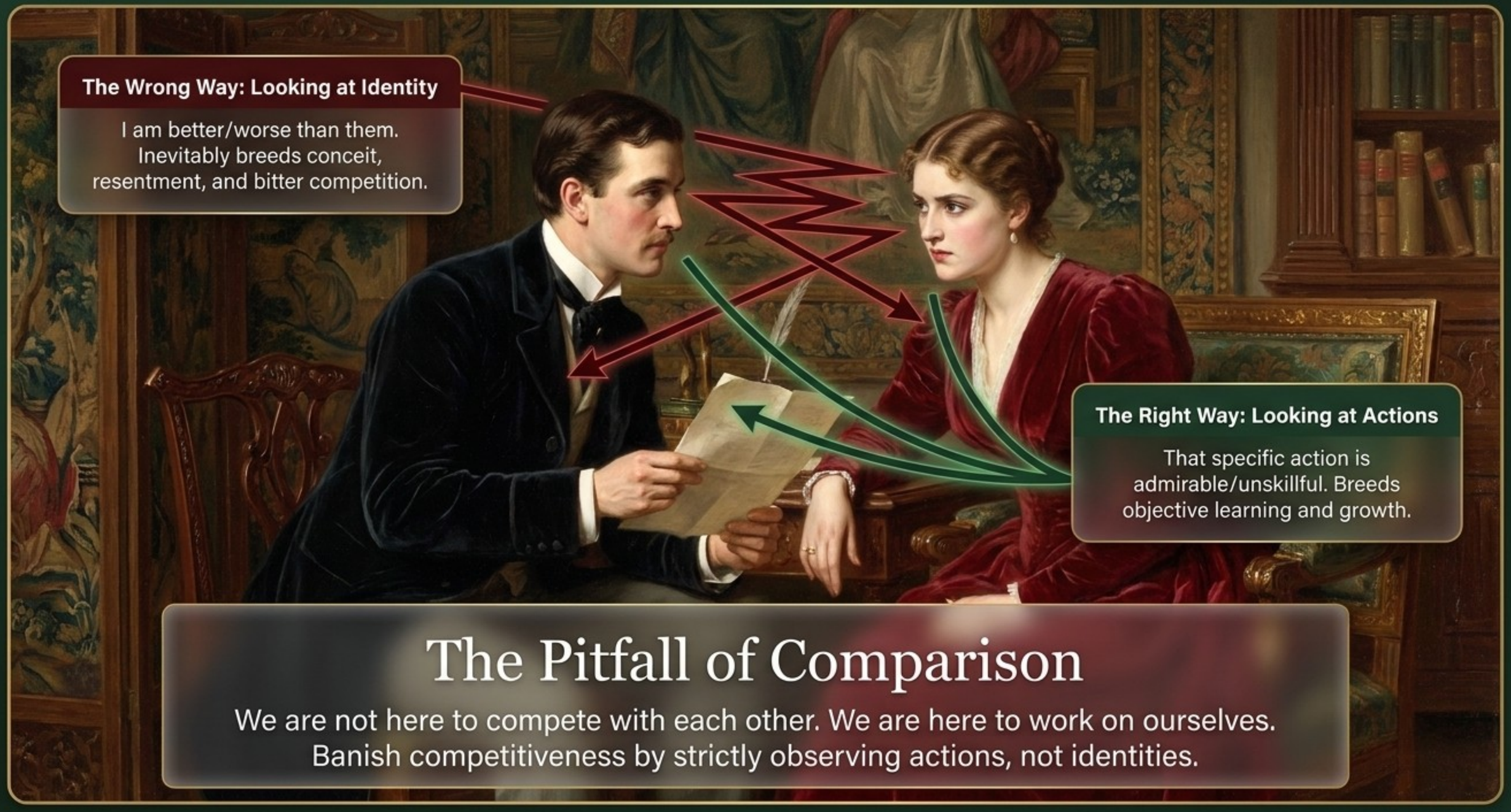
NotebookL


The Wrong Way: Looking at Identity
I am better/worse than them. Inevitably breeds conceit, resentment, and bitter competition.
The Right Way: Looking at Actions
That specific action is admirable/unskillful. Breeds objective learning and growth.
The Pitfall of Comparison
We are not here to compete with each other. We are here to work on ourselves. Banish competitiveness by strictly observing actions, not identities.

NotebookLM

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NotebookL

The Alchemy of Attentive Presence
Cultivating Citta over the collection of formulas
NotebookLM

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Cultivating Citta over the collection of formulas
NotebookLM

Level 3: The Investigation of Meditation

Meditation is not making the mind really, really still and waiting for wisdom to strike. There is an element of investigation already present in the simple practice of concentration. As the Buddha noted, there is no jhana (concentration) without discernment, and no discernment without jhana.

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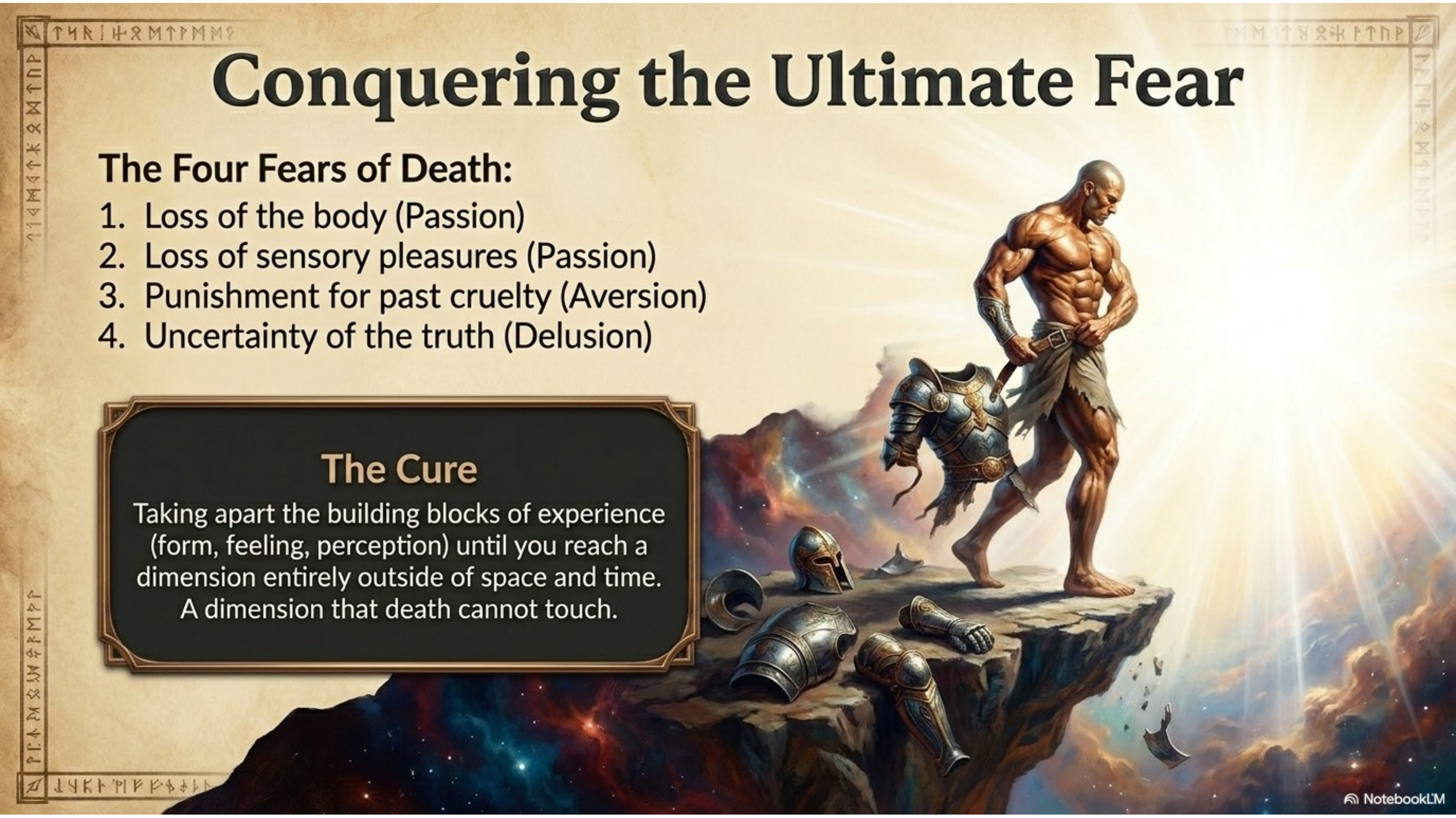
Conquering the Ultimate Fear

The Four Fears of Death:

1. Loss of the body (Passion)
2. Loss of sensory pleasures (Passion)
3. Punishment for past cruelty (Aversion)
4. Uncertainty of the truth (Delusion)

The Cure

Taking apart the building blocks of experience (form, feeling, perception) until you reach a dimension entirely outside of space and time. A dimension that death cannot touch.



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NotebookLM

Dissociation: The Bus Station Mind

The Default State: Most minds operate like a public bus station—any rogue thought or impulse can wander through and cause havoc.

The Skill: Step back. When a thought arrives, you do not have to claim it as mine. If it arrives half-formed, allow it to leave half-formed.

The Transformation: Turn the mind from a public bus station into a private home. Close the doors to unskillful thoughts and only let in your friends.

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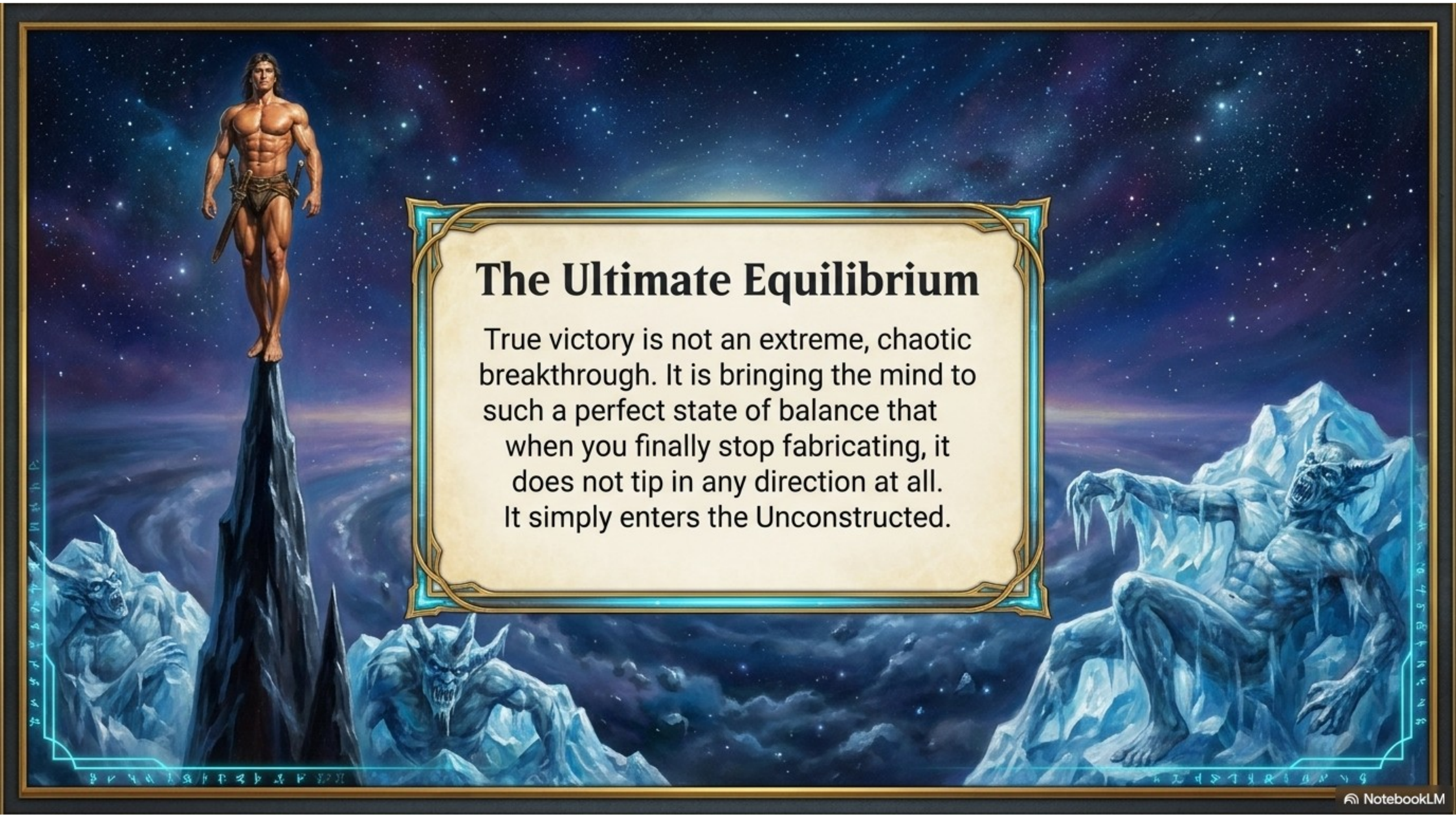
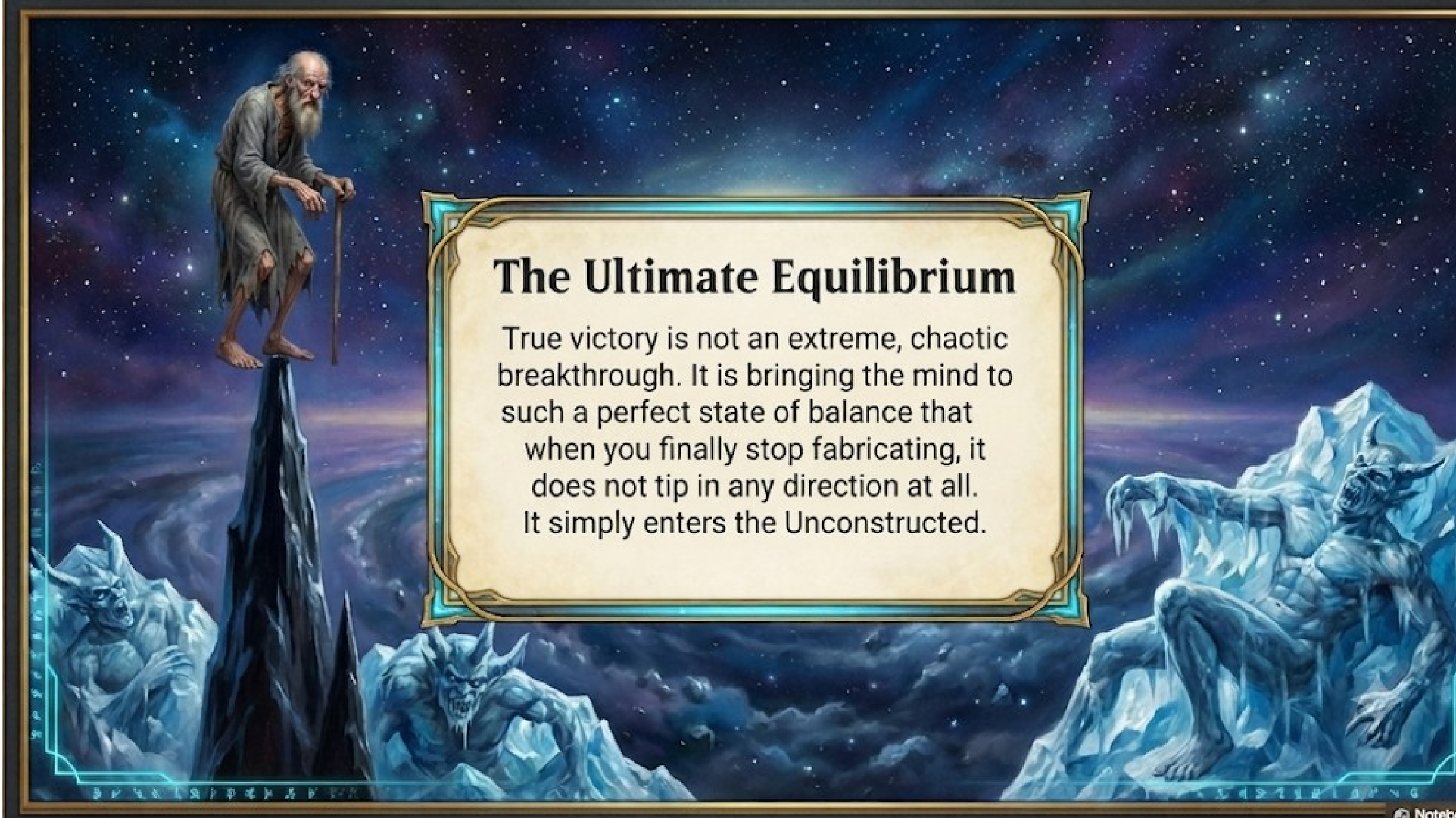

The Ultimate Equilibrium
True victory is not an extreme, chaotic breakthrough. It is bringing the mind to such a perfect state of balance that when you finally stop fabricating, it does not tip in any direction at all. It simply enters the Unconstructed.

NotebookLM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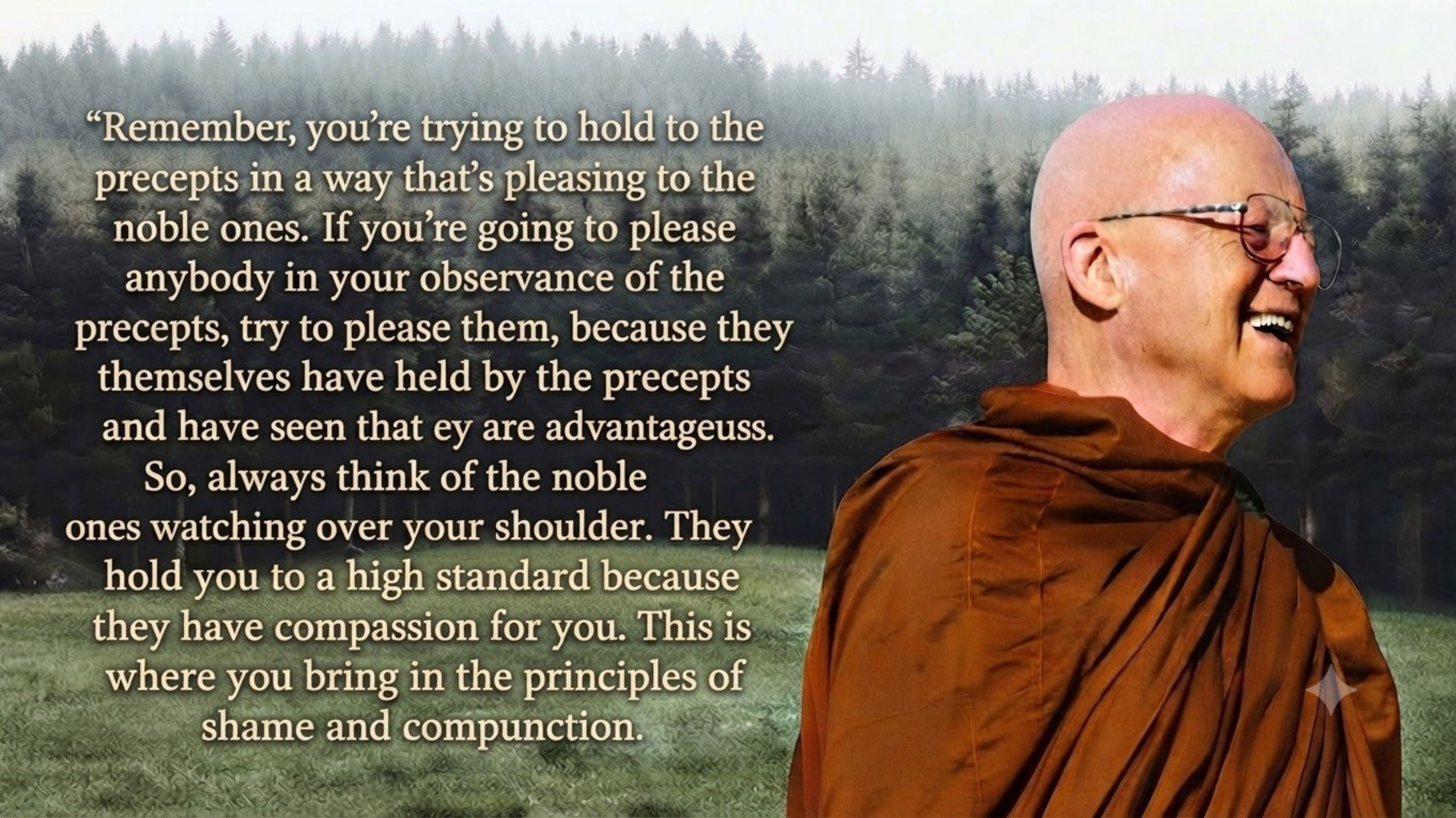
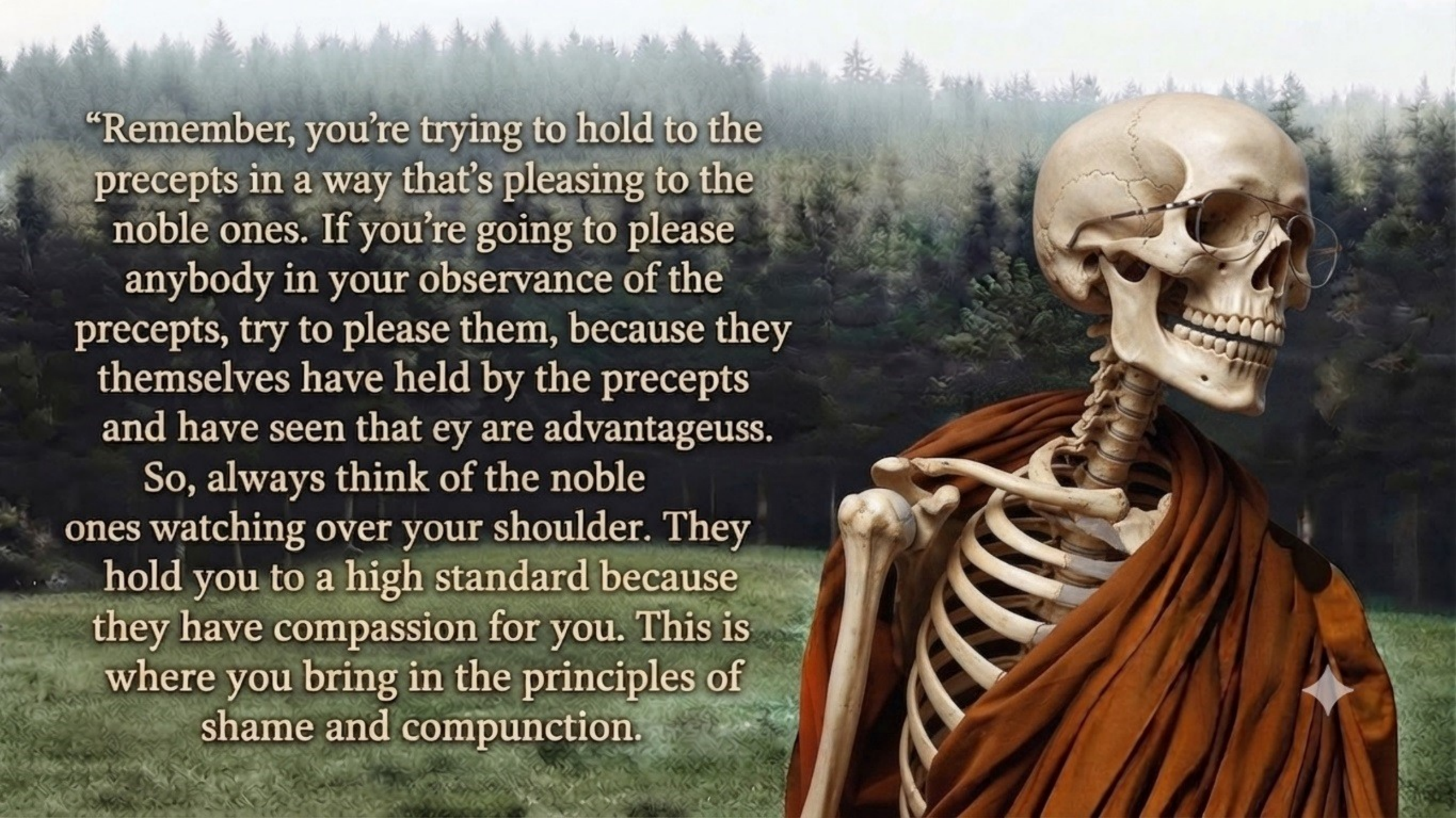

“Remember, you’re trying to hold to the precepts in a way that’s pleasing to the noble ones. If you’re going to please anybody in your observance of the precepts, try to please them, because they themselves have held by the precepts and have seen that ey are advantageuss. So, always think of the noble ones watching over your shoulder. They hold you to a high standard because they have compassion for you. This is where you bring in the principles of shame and compunction.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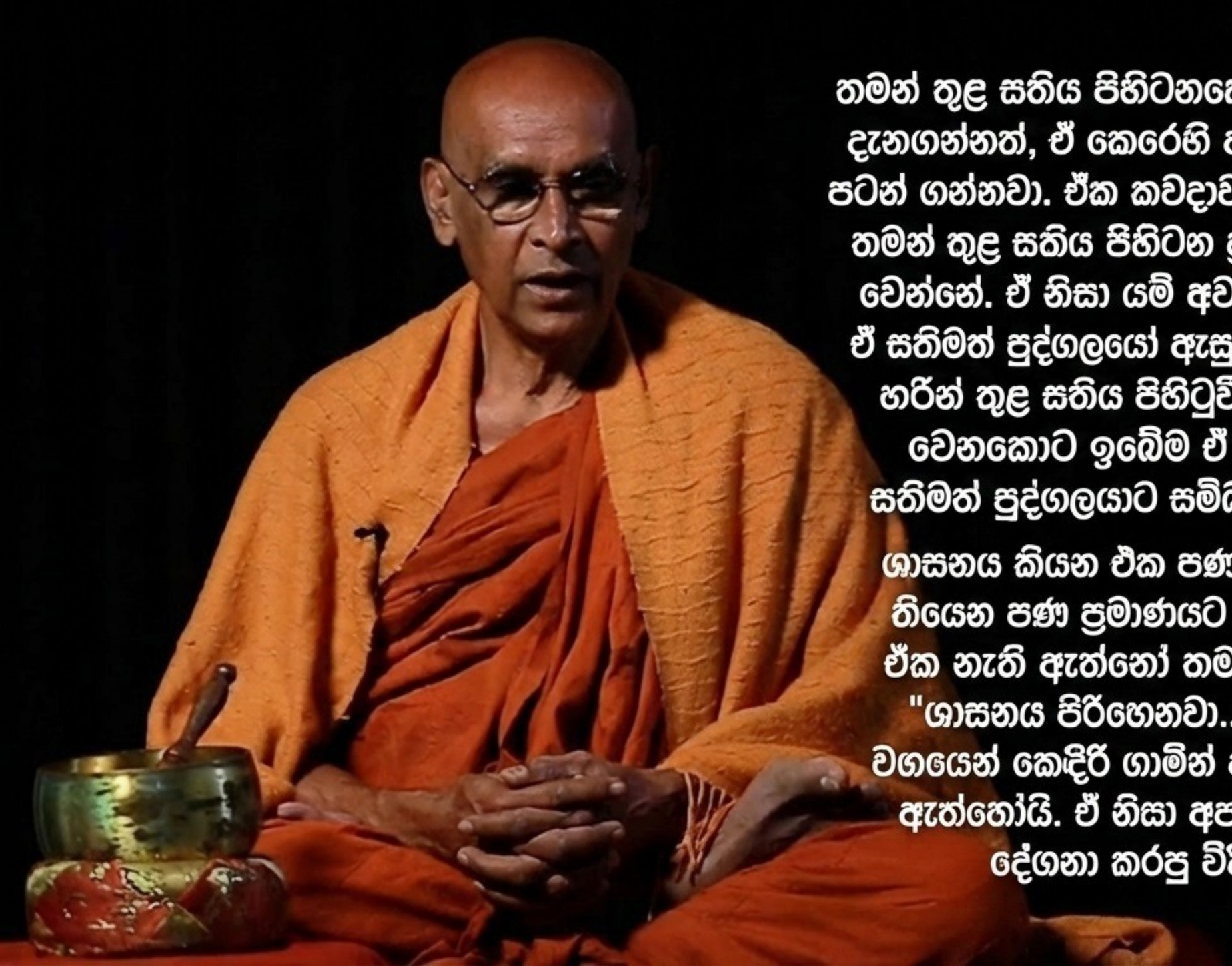
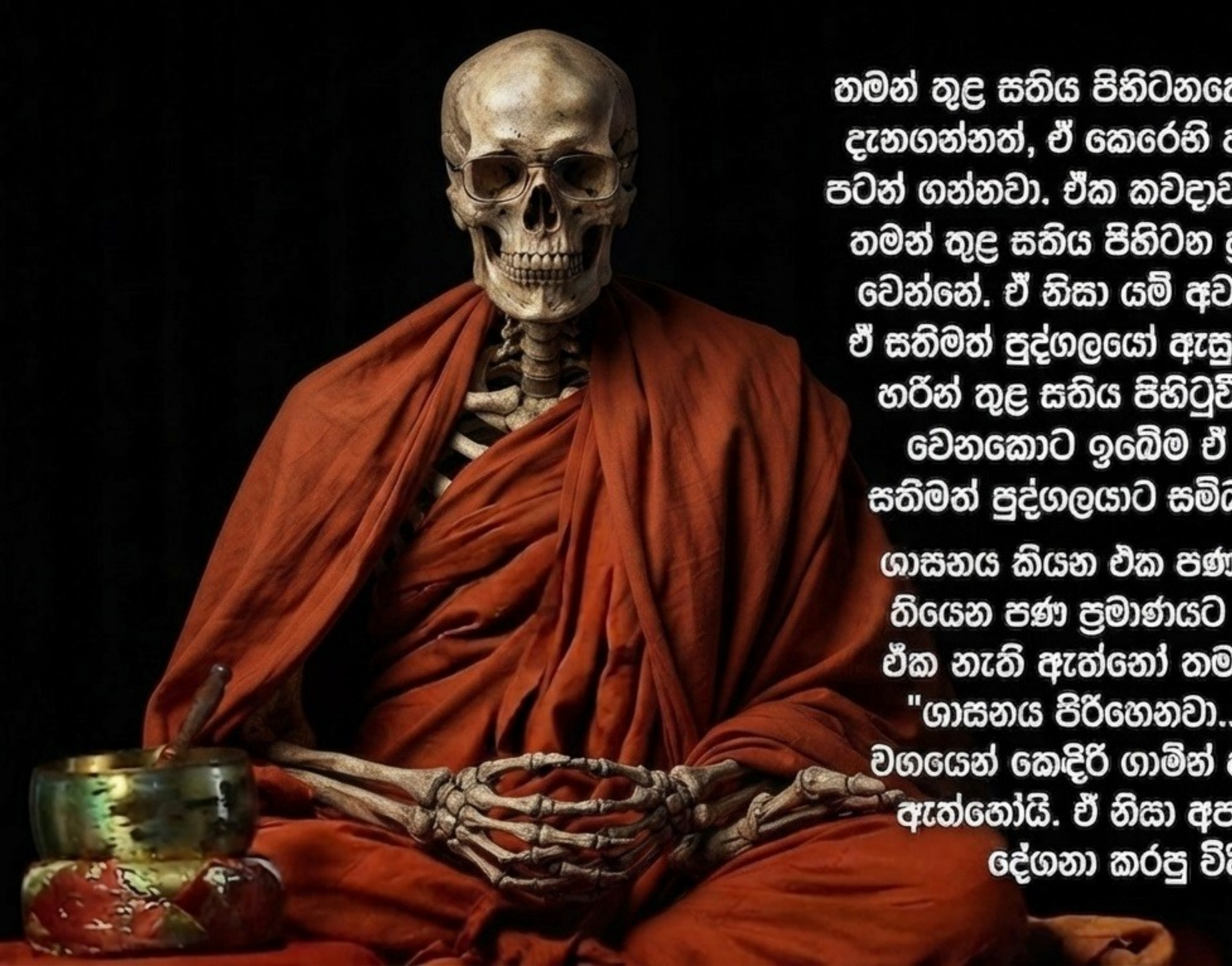


තමන් තුළ සතිය පිහිටනකොට, සතිමත් පුද්ගලයන් දැක දැනගන්නත්, ඒ කෙරෙහි ආකර්ෂණයකුත් ඇති වෙන්න පටන් ගන්නවා. ඒක කවදාවත් මැජීක් එකක්වත් නෙවෙයි. තමන් තුළ සතිය පිහිටන ප්‍රමාණය අනුව තමයි ඒක සිද්ධ වෙන්නේ. ඒ නිසා යම් අවස්ථාවක තමන්ට අවගස නම් ඒ සතිමත් පුද්ගලයෝ ඇසුරට, ඒක බලහත්කාරයෙන් හරින් තුළ සතිය පිහිටුවීමයි කරන්න තියෙන්නේ. ඒක වෙනකොට ඉබේම ඒ තලේ, ඒ මට්ටමේ හොඳම සතිමත් පුද්ගලයාට සම්බන්ධ වන විට පේනවා ධර්මය.

ශාසනය කියන ඒක පණ තියෙනවා. හැබැයි තමන් තුළ තියෙන පණ ප්‍රමාණයට තමයි ඒකට පණ ලැබෙන්නේ. ඒක නැති ඇත්නෝ තමයි මේ ඈඩා හෝ ගහන්නේ. "ශාසනය පිරිහෙනවා..සාරධර්ම පිරිහෙනවා" ආදී වගයෙන් කෙඳිරි ගාමින් අඩන්නේ ඒ ලෙඩ රෙග තියෙන ඇත්හෝයි. ඒ නිසා අපට කරන්න තියෙන්න් දේගනා කරපු විදිහට කටයුතු කිරිමයි.



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